

Additions to the Emergency Kit and Go Bag

Add the following to your emergency kit and go bag for senior / special needs family members:

- Extra mobility aids, including manual wheelchair (Car batteries may be used to run an electric wheelchair)
- A whistle to signal for help
- Necessary medications and supplies
- Special sanitary needs
- Important medical phone numbers
- Food that meets specialized dietary needs
- Make a list of your medications, medical conditions, insurance information, allergies, and have your insurance cards available. Keep a copy with you at all times, and give another copy to someone else for safekeeping.